

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST - BREAD (iron)

Avocado and mago
4oz TD

Whole Grain Biscuit and Turkey Sausage Gravy
1.11

Whole Grain Biscuit and Turkey Sausage Gravy
1.11

Turkey Sausage Patty
1 each

Scrambled Eggs
1 oz.

Scrambled Eggs
2 oz.

Cantaloupe
4 oz.

Fresh Grapes
4 oz.

Kiwi
4 oz.

Beyond Sausage Patty

Biscuit and Gravy
4 oz.

Milk 1%, 8floz

Milk 1%, 8floz

Milk 1%, 8floz

Macaroni and Cheese
4 oz.

Turkey TOT-Chos 6oz

Veggie Pizza On Whole Grain Crust
1 each

Meatballs 3oz

Whole Wheat Roll
1 each

Steamed Broccoli
4 oz.

Garden Salad
4 ounce
Ranch Dressing
1 oz.

Fresh Broccoli
4 oz.

Fresh Watermelon
4 ounce

Fresh Honeydew
4 ounce

Apple Slices (Applesauce for Toddlers)
4 oz

Low Fat Cottage Cheese
2 oz.

2 1/2 oz

Beyond Burger with cheese
1 each
Fat Free Cottage Cheese
2 oz.
Mayo
1 oz.

Mac and Cheese 4oz
Imposible Meatballs 3oz

TOT-Chos 6oz (sub turkey for 4oz black beans)

Milk 1%, 8floz

Milk 1%, 8floz

Milk 1%, 8floz

Milk 1%, 8floz

Milk 1%, 8floz

WEEK ONE SNACK

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST -

A large empty rectangular area divided into three horizontal color bands: light gray at the top, light blue in the middle, and light green at the bottom. This area is intended for notes or a schedule.

WEEK 3

MONDAY

**BREAKFAST -
BREAD (iron)**

**Whole Grain Biscuit and
Turkey Sausage Gravy**
4 oz.

TUESDAY

Scambled Eggs
2 Ounce
American Cheese Slice
1 each

Croissant 1 each

WEDNESDAY

Hash Browns
2 ounce
Scambled Eggs
2 Ounce
Whole Wheat bagel
1 Each

THURSDAY

**Egg Patty and English
Muffin Sandwich Style**
1 each

FRIDAY

**Apple Butter with Whole
Grain Biscuit**
1 each

WEEK 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**BREAKFAST -
BREAD (iron)**

Apple Overnight Oats 3oz

**Turkey Sausage, Egg and
Cheese Burrito on Wheat
Tortilla**
4 oz

Scambled Eggs with Cheese
4 oz.

Whole Grain Cherrios
4 oz.

French Whole Grain Toast
1 slice

Hash Browns
3 oz.

English Muffin 1 each

Fat Free Vanilla Yogurt
2 oz.

Pancake Syrup
1 ounce
Turkey Sausage Links
1 each

FRUIT/VEGETABLE

Fresh Blueberries
4 oz.

Cubed Cantalope ET/TT4 1 TfEAD (iron) Hp7 rg4062 11#13002